

The 25th Vermilion Fourth of July Celebration 2009
10K Run, 3 Mile Walk, and Kids' 1 Mile Run
Tower, Minnesota

WHERE Tower-Soudan School, 2nd Ave N & Spruce St. (1 block north of Main Street/Hwy 1/169)

WHEN July 4, 2009

RIGISTRATION Pre-register by mail, or in person race day 7:00AM. Registration form also on web at: <http://www.lakevermilioncommerce.com/>

START 10K Run: 8:00AM 3 Mi Walk: 8:00 Kid's Fun Run: 8:05

FEE 10K & 3Mi: \$10, Kid's Fun Run: FREE

AWARDS Medals. 10K Run: Top 3 finishers (male & female) in each of the following divisions: 19 & Under; 20-29; 30-39; 40-49; 50-59; 60-69; 70+. 3 Mi Walk: Top 3 finishers (male & female); Kid's Fun Run: Top 3 finishers (boys & girls together) 9 & Under; 10-12; 12 & Above

T-SHIRTS \$10. A limited number of T-shirts of a variety of sizes will be available on race day. **If we are out, you will be able to order** and get them in the mail within a couple weeks. Preference will be pre-registrants and then first come. (Thanks for your patience on this, extra shirts, provided to you at cost, are too hard on our break-even budget!). If you preregister you may pay for T-shirt at same time.

27th Vermilion Fourth of July 10K and 3 Mile Walk **Official Entry Form**

Race: 10K Run _____ 3 Mi Walk _____

Name: _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Phone or Email:** _____

Age on race day: _____ **Gender:** M F **Shirt Size:** XS S M L X L XLL

Official Use Bib# _____

Make checks payable to: City of Tower (Kids' Run Free)

Mail to: Mary Shedd, PO Box 607, Tower, MN 55790 Or Email to wils@frontiernet.net

Questions: 218-753-6110 or email wils@frontiernet.net See also <http://www.lakevermilioncommerce.com/>

Waiver Must Be Read and Signed Before Race:

I know that running is a potentially hazardous activity. I will not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run.

I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Vermilion Fourth of July 10K Run/3 Mi Walk, City of Tower, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.

Signature (Parent or Guardian if participant is under 18)